

Pineal Meditation

This meditation expands intuitiveness and creativity and helps to open one's mind to comprehend information much easier.

1. Relax and go into a trance state
2. Inhale and visualize white-gold energy entering through your third eye into your pineal gland.
3. Draw the energy in with each inhale, then brighten, and expand your pineal gland with the energy with each exhale.
4. The first few times you do this, affirm to yourself: "I am breathing in powerful white-gold energy that is safely stimulating my pineal gland."
5. When you are finished, feel the energy for a few minutes and meditate on it. It should be very pleasurable.

This meditation activates and empowers the pineal gland. The pineal gland is the psychic powerhouse of the brain. White-gold is the most powerful of all of the colors. It is the color of the Sun and this is one of the reasons the original religions worshipped the Sun.

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